CORONAVIRUS (COVID-19): WHAT YOU NEED TO KNOW

The coronavirus (COVID-19) is here in our community. It is up to all of us to do our part and stop the spread of COVID-19.

VDH VIRGINIA DEPARTMENT OF HEALTH
To protect the health and promote the well-being of all people in Virginia.

COVID-19 is spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, sings, or talks.

Sometimes the virus can spread through airborne transmission when small droplets and particles stay in the air for minutes or hours. This type of spread is less common.

Symptoms may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

These symptoms may appear 2-14 days after exposure. Some people never have symptoms.

COVID-19 Vaccines

COVID-19 vaccines have been authorized for emergency use. These vaccines are safe and highly effective. There is not enough vaccine supply to vaccinate everyone at the same time. **You should get the vaccine when it is your turn** and continue to take the steps to protect yourself and others from COVID-19.

To protect yourself and others from COVID-19:

- If you feel sick, stay home and isolate yourself from other people in your household. Do not go to work.
- Maintain at least 6 feet of distance from people who are not members of your household.
- Wear a mask (both indoors and outdoors) when around people who do not live with you.
- Clean your hands often. Use soap and water for 20 seconds or hand sanitizer with at least 60% alcohol.
- Avoid touching your face with unwashed hands.
- Avoid crowds and large gatherings.
- Cover your coughs and sneezes.
- Clean and disinfect frequently touched surfaces daily.
- Get the COVID-19 vaccine when it is your turn. Vaccine supply is limited at first, and priority will go to people at highest risk.

Updated March 17, 2021

What to do if you are sick:

- Stay home except to get medical care. Do not go to work or school.
- Separate yourself from other people in your home and try to use a separate bedroom and bathroom.
- Get tested. Contact your healthcare provider or see Virginia COVID-19 Testing Sites.
- Call ahead before visiting your doctor.
- Wear a mask when you are around other people.
- Cover your coughs and sneezes with a tissue. Throw away tissues immediately.

- Clean your hands often. Use soap and water for 20 seconds or hand sanitizer with at least 60% alcohol.
- Avoid sharing personal household items (like dishes, drinking glasses, utensils, towels, or bedding) with other people in your home.
- Clean and disinfect all "high-touch" surfaces everyday (like phones, remote controls, counters, tabletops, doorknobs, and toilets).
- Monitor your symptoms every day.

If you are exposed to someone with COVID-19:

If you had close contact with a person sick with COVID-19, VDH recommends that you stay home, monitor for symptoms, and follow all recommendations (e.g., wear a mask, watch your distance, and wash hands often) for **14 days after your last exposure**. This is the safest option.

If you are not able to stay home for 14 days and do not have symptoms, you may leave home earlier:
- Counting your date of last exposure as Day 0, you may leave home after Day 10; or
- After Day 7 with a negative PCR or antigen test performed on or after Day 5.
- If you have recovered from COVID-19 or been fully vaccinated for COVID-19, you might not need to stay home, but should still watch for symptoms for 14 days and continue to wear a mask and watch your distance (with some exceptions for fully vaccinated people), avoid crowds, and wash your hands. See Exposed to COVID-19 for more information.

Call 9-1-1 if you have any medical emergency:

If you have any medical emergency and need to call 9-1-1, notify the operator that you have or think you might have, COVID-19. If possible, put on a mask before medical help arrives.

Do you have any questions about COVID-19?

Call our COVID-19 Call Center! We have public health professionals available to talk to you in English and Spanish.

Call: 877-ASK-VDH3

For more information about COVID-19, visit vdh.virginia.gov/coronavirus/

Updated March 17, 2021